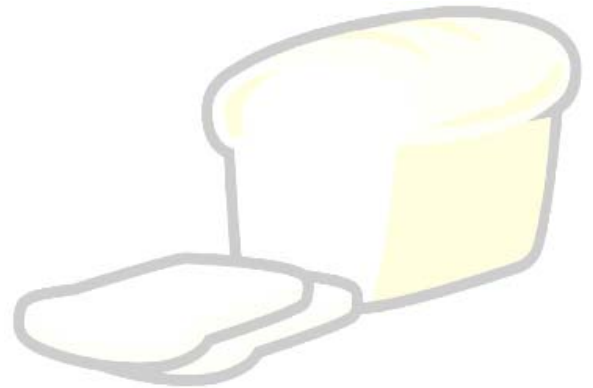


# USDA Afterschool Care Snack Program Handbook for School Programs



Iowa Department of Education

Created by: Holly Hafner & Elayne Meyerhofer -Iowa State University Interns

In consultation with Christine Anders, Lead Consultant, School Meals

2/01

Go for the **good** stuff



## Whole Grain Foods

- **It is important to eat foods from the grain group everyday**
  - Adults need 8-11 servings each day**
  - Children need 4-6 servings each day**
- **Look for grains that are labeled “whole grain” and “high fiber”**
- **Whole grain foods are packed with nutrients like fiber, vitamins, and minerals**
- **Whole grains reduce the risk of diabetes, heart disease, and cancer**
- **They add more texture and flavor to the our diets**

### **Smart Choices:**

- Whole-wheat bread instead of white bread**
- Unsweetened cereal instead of sweetened cereal**
- Low-fat granola bar instead of donuts**



## Vitamin C

This important vitamin helps to boost the immune system

- It promotes healthy tissues and skin
- Children should have one vitamin C food everyday

## High Sources of Vitamin C

Oranges  
Orange Juice  
Cantaloupe  
Mango  
Strawberries

Cabbage  
Green peppers  
Tomatoes  
Broccoli  
Cauliflower

### **Try this recipe at home:**

#### *Strawberry Smoothie*

Blend together 3/4 cup strawberries, 4 ounces low-fat milk, and 1 cup crushed ice.



## Vitamin A

- Important for healthy skin and hair
- Promotes bone growth
- Needed to maintain good vision

### High Sources of Vitamin A

CARROTS

BROCCOLI

APRICOTS

SPINACH

SWEET POTATOES

CANTALOUPE

### Try this recipe at home:

*Glazed Carrots with Raisins*

-Cook 3 cups of sliced carrots in boiling water for 8-10 minutes until tender. Drain and remove pan.

-Combine 1 tbsp. butter or margarine, 1 tbsp. brown sugar, and  $\frac{3}{4}$  tsp. Tone's Pumpkin Spice in saucepan.

-Stir over medium heat until combined.

-Add carrots and raisins; cook about 1 minute or until glazed.

Enjoy!

## SECTION 8

### School Newsletter Examples



The following pages include "blurbs" for your school newsletters. Use them to promote healthy snacking ideas.

### **Afterschool Care Snack Program**

Our school participates in the Afterschool Care Snack Program which provides each child a snack that is nutritious and delicious. Snacks are an important link between lunch and dinner and give children energy for evening activities. All afterschool snacks provided are in compliance with the dietary standards set by USDA. Therefore, these snacks include important nutrients needed for optimal growth and learning ability. Check with your school's snack program and see what nutritious snacks they have planned in this month's menu.

### **Snack of the Month**

Snacks are a great way to curb hunger and refuel our bodies in between meals. Snacking also provides a great opportunity to add important nutrients to our daily diet. Be sure to choose healthy snacks everyday from fruit, vegetable, and grain food groups.

Try this snack of the month with raw vegetable pieces or breadsticks.

### **SALSA**

8 ounce can "no-salt added" tomato sauce  
1 tablespoon chili peppers, canned, drained, finely chopped  
1/4 cup green pepper, finely chopped  
2 tablespoons onion, finely chopped  
1 clove garlic minced  
1/4 teaspoon oregano leaves, crushed  
1/3 teaspoon ground cumin

Mix ingredients together and chill before serving to blend flavors.

*This newsletter piece could be included quarterly.  
Here are additional snack ideas for the different months:*

#### PARADISE FREEZE

1 large, ripe banana  
1 cup strawberries  
1 ripe mango, cubed  
1 cup 100% cranberry juice  
1 cup crushed ice

In the container of an electric blender, combine banana, strawberries, mango, juice and ice. Blend until smooth. Serve immediately. (Recipe taken from 5-a-Day web site - [www.5aday.com](http://www.5aday.com))

#### WRAP-UPS

4-5" Tortilla  
1 tsp. low-fat mayonnaise  
1 tsp. low-fat sour cream  
1/4 cup chopped or grated vegetables (tomato, red pepper, cucumber, carrot, onion, zucchini) or cooked dried beans  
2 Tbsp. grated cheese

Mix mayonnaise and sour cream. Spread on one side of tortilla. Top with 1/4 cup chopped vegetables and grated cheese. Fold tortilla in half or roll it up for a sandwich on the go. (Recipe taken from What's Cooking at Super Wednesday, 1998, compiled and printed for Grace United Methodist Church, Des Moines, Iowa)

#### FRUIT KABOBS

1/4 cup cantaloupe  
1/4 cup strawberries  
1/4 banana  
1/4 cup grapes

Assemble cut up pieces of each fruit onto a skewer. Pretzel sticks could be used if preferred.

Nutritious snacks provided by the Afterschool Care Snack Program are a healthy part of your child's day!

**Why are afterschool snacks important?**

- they are nutritious links between lunch and dinner
- they give children added energy for evening activities
- they influence health and promote growth of children

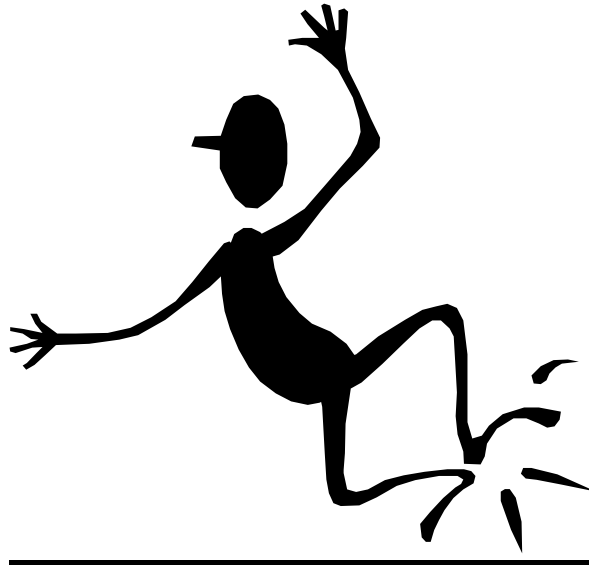
**How do afterschool snacks influence children's health?**

- all afterschool snacks are in compliance with dietary standards required by the USDA
- they increase intake of needed nutrients for optimal growth
- healthy afterschool snacks will decrease the children's use of vending machines and convenience stores which provide mostly products high in sugar and fat



## SECTION 7

### Handouts for Parents



## SECTION 6

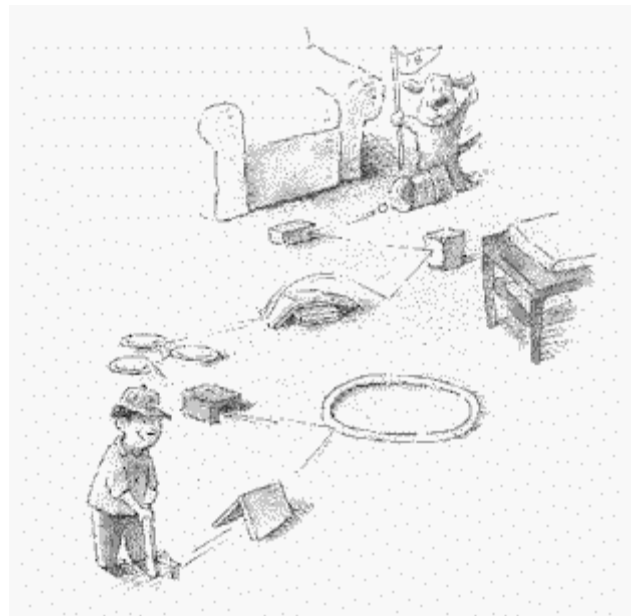
### Activity Ideas

The following is a list of activity ideas you might want to include in your after school care program. This is just to get you started. Expand on them with creative ideas of your own!

#### Miniature Golf

##### Materials

Golf clubs (or sponge and yardstick)  
Golf ball or rubber ball  
Masking tape, glue, scissors, markers  
shoebox, cardboard, coffee can.



- Use your own clubs, or masking tape a new sponge to a yardstick
- Build your course (see ideas below) using the coffee can for the final hole.
- Take turns playing your way through your course.







##### Ideas for golf course

- For a tunnel, cut out the bottom of an empty oatmeal box, and place the box on its side.
- To make a house, turn a shoebox upside down and cut out an entrance from one end, and the exit from the other end.
- Fold a piece of cardboard in half and set it up like a tent for the ball to go through.

- Place two or three frisbees on the floor to form a curved fairway for the ball to go through.
- Make a ramp by scoring (run one point of the scissors in a straight line without cutting all the way through) a piece of cardboard twice. Bend slightly at each score mark to create an upside, flat, and downside to your ramp. Put some books under the center section for support.
- For a straight fairway, use two rows of building blocks.
- Make a sand trap from a hula-hoop.
- Put a chair or stool in the center of the room for the ball to go under.

Adopted from [www.creativekidsathome.com](http://www.creativekidsathome.com)

**Identify the Plant Parts:** Pass out samples of each type of edible plant part and see if the kids can correctly identify the category their part goes into. When the game is over, the rest of the food (that wasn't passed around) can be sampled for taste, texture or made into a salad. Adapted from [www.hhmi.org/coolscience/vegquiz/partlist.html](http://www.hhmi.org/coolscience/vegquiz/partlist.html)

The part	Its job	Examples you eat
<b>Leaf</b> 	Leaves are the food factories of a plant. They take in water and carbon dioxide, and use sunlight to make sugar for the plant to "eat." We call this process photosynthesis—making things with light.	Lettuce, spinach, cabbage
<b>Root</b> 	Roots are usually underground. They soak up water and minerals from the soil and send them up through the stem to the rest of the plant.	Carrots, onions
<b>Stem</b> 	Stems hold up the plant, and they have many tubes that carry water up from the roots and sugar down from the leaves. Stems are like the plant's pipes.	Asparagus, rhubarb
<b>Bud</b> 	Insects and birds travel from flower to flower and leave pollen behind. The pollen travels deep into the flower and meets an egg. The fertilized egg then forms a fruit.	Broccoli, cauliflower
<b>Fruit</b> 	You can always tell a fruit, because it contains seeds. So anything with seeds—including lots of stuff we usually call vegetables—are actually fruits. Do your friends know how to tell a fruit from a vegetable?	Tomatoes, cucumbers, squash, melons, apples, oranges
<b>Seeds and Nuts</b> 	Fruits have seeds so plants can make new plants. Often we eat seeds all by themselves. If we put seeds in the ground, a new plant will grow.	Peanuts, sunflower seeds, pumpkin seeds, beans, peas, pine nuts

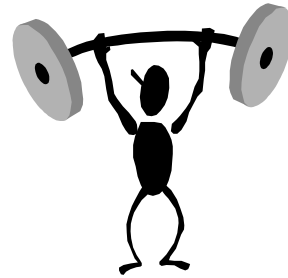


### Trip Around The World

This can be an on-going activity. Each child would receive a list of activities and eating behaviors. Activities should include things that increase physical activity: walking for 30 minutes, biking, raking, shoveling snow, playing basketball, volleyball, etc. Eating behaviors should promote healthy eating habits: trying a new fruit or vegetable, eating over 3 servings of fruits and vegetables a day, going one week without fast food, drinking milk instead of pop, etc. Each item would be assigned a certain number of miles, taking into consideration the difficulty of achievement. A large map is posted and colored pushpins used to mark the children's progress across it. Once a week the children would bring in their charts with the activity/eating behavior verified by an adult that they accomplished during the week. The children could calculate the "miles" (as able) they have traveled, and the pushpin would reflect their progress. Children can compete individually or be divided into any number of groups. This activity can be scaled down to be across the United States-just adjust the mileage assigned to the activities so that the goal isn't achieved too quickly. A prize is given to the winning person/team.



### **Strong Bones 101**



A lesson on calcium is given. The children are divided into teams; each team receives a large bone, cut out of white construction paper or poster paper. Children are quizzed on the lesson given with each wrong answer receiving 1-3 punches (with a paper punch) in that team's bone. The winning team has the least holes in their bone, visually representing the strongest bone. The lesson could be based around some of these sample questions:

What does calcium do in the body? A: Calcium is important for strong bones & teeth, muscle contraction and nerve function.

What foods are high in calcium? A: Dairy products such as milk, fat free yogurt, cheese, cottage cheese. Other foods including salmon with bones, baked beans, fortified foods like OJ with calcium and waffles with calcium.

Name a common disease that results from inadequate calcium intake. A: Osteoporosis, a disease that causes your bones to become porous and weak. This can cause a stooped posture, a painful back and can cause bones to break easier when you are older.

What can be done to prevent this disease? A: Get enough calcium in your diet, exercise that puts weight on your bones ( running, basketball, walking, etc.), avoid smoking and drinking alcohol.

How much calcium do you need daily? A: The RDA for children 6-10 is 800mg/day. 1200mg/day is recommended for children over this age. It is ok to go over the 1200mg/day recommendation.

Give an example of the foods eaten in one day to meet this requirement. A: 1C skim milk=316mg. Drinking 3 cups a day would meet the requirement for children under 10. Add one serving of fat free yogurt and the requirement of 1200mg/day is met. If you don't like milk, calcium fortified OJ has the same amount of calcium as a glass of milk.

## SECTION 6

### Activity Ideas for Afterschool Care Snack Program





**Self Monitoring Form for On-Site Reviews of Afterschool Care Snack Program**  
**(Completed form is to be filed with other Child Nutrition Program paperwork)**

1. All claims for reimbursement must be based on accurate daily snack counts. A review to verify this procedure at each snack site must be made by the School Food Authority (SFA) two times per year. **The first review must occur during the first four weeks of snack service each year.** If problems with food components, snack counting or claiming are discovered, the SFA must develop a corrective action plan and conduct a follow-up on-site review within 45 days to determine that the problems have been corrected.

2. First review completed by: \_\_\_\_\_ Name \_\_\_\_\_ Second review completed by: \_\_\_\_\_ Name \_\_\_\_\_

Building Name	First Review					Second Review				
	Does the collection procedure in this building yield an accurate count? (Total # of snacks in at-risk buildings with over 50% free/reduced and free, reduced, paid totals in buildings under 50% free and reduced)		Does each snack served meet the meal pattern component requirements?		Date review completed	Does the collection procedure in this building yield an accurate count? (Total # of snacks in at-risk buildings with over 50% free/reduced and free, reduced, paid totals in buildings under 50% free and reduced)		Does each snack served meet the meal pattern component requirements?		Date review completed
	Yes	No*	Yes	No*		Yes	No*	Yes	No*	
	Yes	No*	Yes	No*		Yes	No*	Yes	No*	
	Yes	No*	Yes	No*		Yes	No*	Yes	No*	
	Yes	No*	Yes	No*		Yes	No*	Yes	No*	
	Yes	No*	Yes	No*		Yes	No*	Yes	No*	
	Yes	No*	Yes	No*		Yes	No*	Yes	No*	
	Yes	No*	Yes	No*		Yes	No*	Yes	No*	
	Yes	No*	Yes	No*		Yes	No*	Yes	No*	
	Yes	No*	Yes	No*		Yes	No*	Yes	No*	
	Yes	No*	Yes	No*		Yes	No*	Yes	No*	

**OVER**



\* CORRECTIVE ACTION PLAN

Building\_\_\_\_\_

Date of Revisit \_\_\_\_\_

Corrective Action Taken:

\*CORRECTIVE ACTION PLAN

Building\_\_\_\_\_

Date of Revisit \_\_\_\_\_

Corrective Action Taken:

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Building\_\_\_\_\_

Date of Revisit \_\_\_\_\_

Corrective Action Taken:

## **Snack Production Record**

Site: \_\_\_\_\_ Week of: \_\_\_\_\_

	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	
	Snack Menu & Serving Size	“x” Components Served	No. of Planned Snacks	Amount needed to meet requirements (A x C)	Total Servings Prepared	Students Served	Adults Served	Total Served (F + G)
<b>Monday</b>		<input type="checkbox"/> M/MA <input type="checkbox"/> Milk <input type="checkbox"/> F/V <input type="checkbox"/> G/B						
<b>Tuesday</b>		<input type="checkbox"/> M/MA <input type="checkbox"/> Milk <input type="checkbox"/> F/V <input type="checkbox"/> G/B						
<b>Wednesday</b>		<input type="checkbox"/> M/MA <input type="checkbox"/> Milk <input type="checkbox"/> F/V <input type="checkbox"/> G/B						
<b>Thursday</b>		<input type="checkbox"/> M/MA <input type="checkbox"/> Milk <input type="checkbox"/> F/V <input type="checkbox"/> G/B						
<b>Friday</b>		<input type="checkbox"/> M/MA <input type="checkbox"/> Milk <input type="checkbox"/> FV/J <input type="checkbox"/> G/B						

### Monthly Snack Participation Record For Non-Area Eligible Sites

Site: \_\_\_\_\_

**A- Absent      S- Snack Participation      N- Present, No Snack**

[illegible]

Number of Days Snacks Served: \_\_\_\_\_

To the best of my knowledge the information listed is true and correct.

--

**For Office Use Only**

Number of ReimbursableSnacks Served for the Month:

**Free:**\_\_\_\_\_ **Reduced:**\_\_\_\_\_ **Paid:**\_\_\_\_\_

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Signature of person completing form Date

### **Daily Snack Count Form For Area Eligible Sites**

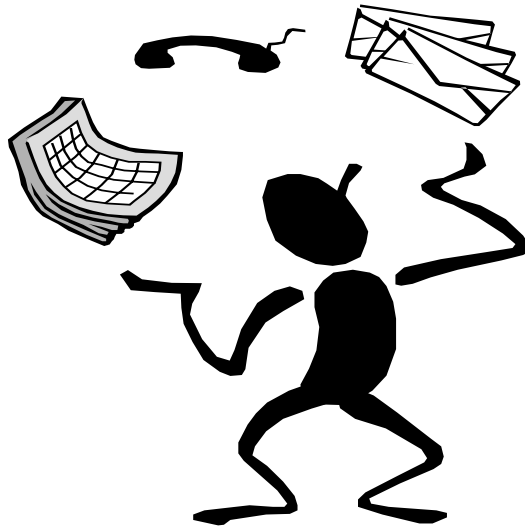
Date:	Total snacks received/prepared:
Today's Menu	Mark each number as a snack is served. Count only one snack per child per day.
	<div style="text-align: center;"> 1   2   3   4   5   6   7   8   9   10   11   12   13   14   15  16   17   18   19   20   21   22   23   24   25   26   27   28   29   30  31   32   33   34   35   36   37   38   39   40   41   42   43   44   45  46   47   48   49   50   51   52   53   54   55   56   57   58   59   60  Adults   1   2   3   4   5   6   7   8   9   10 </div>
Snack supervisor's initials:	Total snacks served to: Students _____ Adults: _____
Date:	Total snacks received/prepared:
Today's Menu	Mark each number as a snack is served. Count only one snack per child per day.
	<div style="text-align: center;"> 1   2   3   4   5   6   7   8   9   10   11   12   13   14   15  16   17   18   19   20   21   22   23   24   25   26   27   28   29   30  31   32   33   34   35   36   37   38   39   40   41   42   43   44   45  46   47   48   49   50   51   52   53   54   55   56   57   58   59   60  Adults   1   2   3   4   5   6   7   8   9   10 </div>
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Snack supervisor's initials:	Total snacks served to: Students _____ Adults: _____

Adapted from Kansas State Department of Education

## SECTION 5

### Record Keeping Requirements

Following are record keeping forms for you to utilize.  
Samples are given to illustrate the proper use of forms.

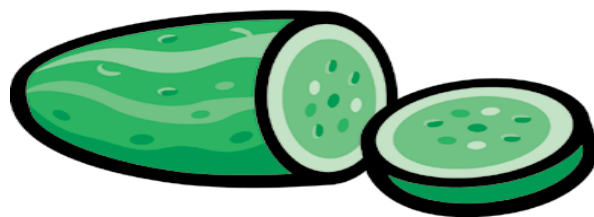
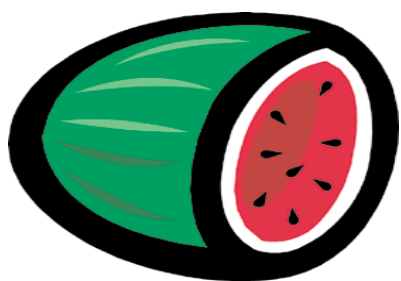




## Cycle Menus

Listed below are some snack menus to add variety to snack time. A reimbursable snack must include the minimum quantities of two of the four food components.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday	Frosted donut 2.2 oz  Milk 1cup	Celery sticks 3/4 cup  w/ PB 2T. & Raisins	Peaches 3/4 cup  Cottage cheese $\frac{1}{4}$ cup	Sliced turkey 1oz  Wheatables 1oz	Bran muffin 2 oz  Milk 1cup	Pineapple juice $\frac{3}{4}$ cup  Mini bagel 1oz
Tuesday	Apple-cinnamon grahams 1oz  Grapes $\frac{3}{4}$ cup	Frosted toaster pastry 2.2 oz  Milk 1cup	Cauliflower $\frac{3}{4}$ cup & dip.  Cheese cubes 1 oz	Kiwi $\frac{3}{4}$ cup  Triscuits 1oz	Carrot, celery sticks $\frac{3}{4}$ cup  Wheat crackers 1oz	Mini Wheats 3/4 cup  Milk 1cup
Wednesday	Fruit cocktail 3/4 cup  Animal crackers 1oz	Yogurt 4 oz  Granola cereal $\frac{3}{4}$ cup	Unfrosted brownie 4 oz  Milk 1cup	Carrot sticks 3/4 cup  Graham crackers 1oz	Pineapple tidbits 3/4cup  Cottage cheese 1/4 cup	Orange juice 3/4 cup  Blueberry muffin 2 oz
Thursday	Apple slices 3/4 cup  String cheese 1oz	Grape juice 3/4 cup  Hard pretzels 1oz	Tortilla 1 oz w/ PB  Milk 1 cup	Nutrigrain bar 2.5 oz  Milk 1 cup	Berry Juicy Juice 3/4 cup  Oyster crackers 1 oz	Broccoli 3/4 cup w/ dip  Wheat Thins 1 oz
Friday	Raw vegetables 3/4 cup & dip Ritz crackers 1 oz	Sliced ham 1oz  Apple juice $\frac{3}{4}$ cup	Cheerios 3/4 cup  Milk 1 cup	Orange segments 3/4 cup  Goldfish crackers 1 oz	Yogurt 4oz  Graham crackers 1 oz	Frosted cinnamon roll 2.5 oz  Milk 1 cup

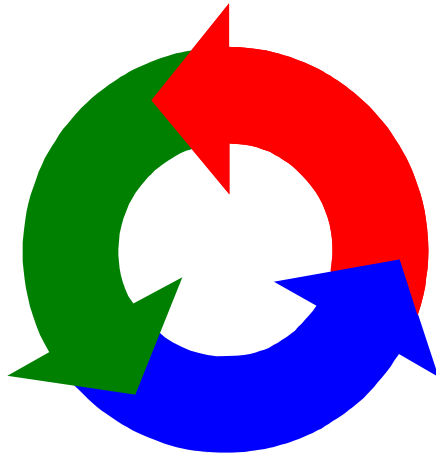






## SECTION 4

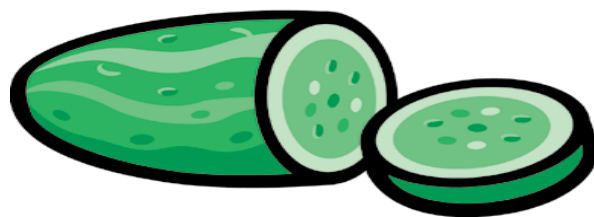
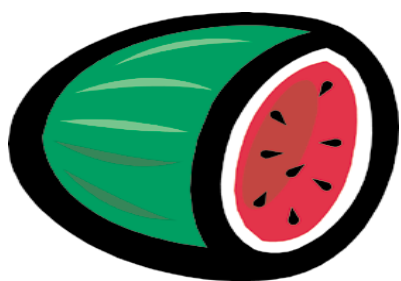
### Cycle Menus



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Friday	Raw vegetables 3/4 cup & dip Ritz crackers 1 oz	Sliced ham 1oz  Apple juice $\frac{3}{4}$ cup	Cheerios 3/4 cup  Milk 1 cup	Orange segments 3/4 cup  Goldfish crackers 1 oz	Yogurt 4oz  Graham crackers 1 oz	Frosted cinnamon roll 2.5 oz  Milk 1 cup







## SECTION 3

### Snack Meal Pattern

#### I. Snack Pattern Requirements:

To be reimbursable 2 of the 4 components listed below must be served:

- Milk, fluid
- Meat or Meat Alternate
  - \*4 ounces of yogurt ( $\frac{1}{2}$  cup) may be used as a meat/meat alternate in the snack to fulfill the equivalent of 1 ounce of the meat/meat alternate component.
- Juice or Fruit or Vegetable
  - \*Juice shall not be counted as the 2<sup>nd</sup> component if served in fluid form, when the other component is milk.
- Bread or Grain
  - Cereal: Cold, dry or hot cooked

#### II. Minimum Serving Size for Children 6-12 Years:

Milk, fluid	1 cup
Meat/Meat Alternate	1 ounce
Juice/Fruit/Vegetable	$\frac{3}{4}$ cup
Bread/Grain	1 slice
Cereal: Cold, dry	$\frac{3}{4}$ cup
or hot cooked	$\frac{1}{2}$ cup

Portions for children ages 13-18 shall be no less than the portions stipulated for children ages 6-12. USDA recommends offering larger portions for older children (ages 13-18) based on their greater caloric needs.

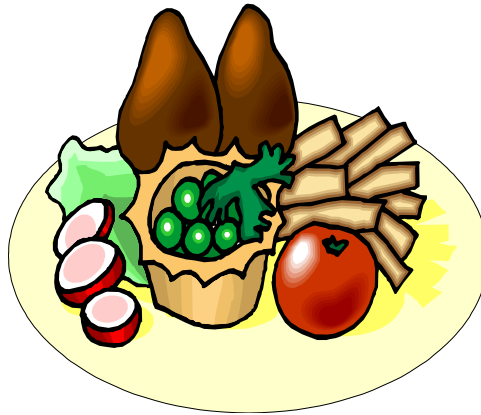
### Reimbursement

Reimbursement rates are adjusted annually every July 1st.



## SECTION 3

### Snack Meal Pattern For Afterschool Care Snack Program



## **SECTION 2**

### **Questions & Answers**

***Q. What are the approval criteria for afterschool care snack programs?***

**A.** A school food authority must operate the lunch component and the school district/RCCI must sponsor or operate an afterschool care program which:

1. Provides children with regularly scheduled activities in an organized, structured and supervised environment
2. Includes educational or enrichment activities.

***Q. Which children are eligible to participate?***

**A.** Children through age 18 as well as individuals, regardless of age, who are determined by the State Agency to be mentally or physically disabled.

***Q. How is area eligible defined?***

**A.** The program site is area eligible if it is located at a school or facility in the attendance area of a school/facility where at least 50% of the enrolled children are eligible for free and reduced price meals.

***Q. What are the monitoring requirements for sponsors receiving reimbursement for snacks in afterschool care programs?***

**A.** Each afterschool care program must be reviewed by the school food authority two times per year. The school food authority must make the first review during the first four weeks of snack service each year. These reviews must assess each site's compliance with counting and claiming procedures, and the snack meal pattern.

***Q. How long is the determination of a site's eligibility valid?***

**A.** The site's area eligibility is valid for an entire school year. For example a determination of a particular site's area eligibility made on April 20, 2001 is valid for snacks served for the remainder of school year 2000-2001, i.e. from April 20, 2001 through June 30, 2001 and the 2001 - 2002 school year. Similarly, a determination of a site's eligibility made on August 30, 2001 is valid for the remainder of school year 2001-2002, i.e. from August 30, 2001 through June 30, 2002. Eligibility is based on October data.

***Q. Is there an offer versus serve option for after school care snacks?***

**A.** No. There are four components to the snack meal pattern. The school or institution must serve at least two of the required components to each child.

***Q. Are there afterschool care programs that would not be approved?***

**A.** Yes. Organized athletic programs engaged in interscholastic or community level competitive sports only (youth sports leagues such as "Babe Ruth" baseball leagues, community soccer and football leagues, area swim teams) may not be approved. However, afterschool care programs which include supervised athletic activity may participate provided that they are "open to all" and do not limit membership for reasons other than space, security, or licensing requirements.

***Q. Must a school receiving reimbursement for afterschool snacks "manage" the day-to-day activities of the afterschool care program?***

**A.** No. While the afterschool care program must be sponsored or operated by a school, school district, or RCCI this does not mean that they must carry out the day-to-day management of the program. They may contract with another organization to manage the afterschool program on their behalf. However, the School Food Authority must retain administrative and fiscal responsibility for the snack service. Furthermore, the School Food Authority must be the party that enters into the agreement with the State Agency and must assume responsibility for meeting all snack service requirements.

***Q. Is licensing required for an afterschool care program?***

**A.** Otherwise eligible afterschool care programs do not need to be licensed in order to participate unless there is a state or local requirement for licensing. If there is no state or local requirement for licensing, then afterschool care programs must meet state or local health standards. Organizations should check with their State and local health departments to determine the requirements they must meet to operate an afterschool care program in their community. Existing afterschool care programs that have not had a meal service as part of their program in the past should also check with state and local health department officials to determine whether any additional requirements apply as a result of the service of an afterschool snack.

***Q. Must a certain amount of time elapse between meal services when schools or organizations operate other nutrition programs in addition to afterschool snacks under NSLP?***

**A.** In NSLP, there are no restrictions on the amount of time that must elapse between meal services (e.g., lunch and afterschool snack). State Agencies may, at their discretion, establish reasonable timeframes for the service of afterschool snacks in their state. Iowa currently leaves this to the discretion of the local sponsor.

***Q. Are programs that operate during the summer vacation eligible for reimbursement?***

**A.** Under the NSLP, school food authorities may claim reimbursement for lunches (and breakfasts under SBP) served during the summer months when operating a summer school which is an integral part of the curriculum or an extension of the local educational program. Such School Food Authorities may also claim reimbursement for snacks served to children in afterschool care programs during this period.

***Q. Are afterschool care snack reimbursements restricted to children ages 3-18?***

**A.** No. Reimbursement may be claimed for snacks served to all children through the age of 18 in eligible afterschool care programs. Reimbursement may also be claimed for those children who turn age 19 during the school year.

***Q. Are point of service meal counts and production records required?***

**A.** Meal counts taken at the point of service are not required for afterschool snack service though individual State Agencies may require them. However, accurate meal count records must be maintained. Production records are required for programs operating through the NSLP. Iowa does not require a point of service count but does require an actual count at snack service time.

***Q. What records are required to receive reimbursement for snacks?***

**A.** The following records must be maintained:

- For sites that are not area eligible, free and reduced price applications for all children for whom free and reduced priced snacks are claimed.
- Meal counts (total for sites qualifying for free reimbursement for all children; meal counts by type for other sites).
- Documentation for each day of a child's attendance.
- Documentation of compliance with meal pattern requirements and production records.

***Q. May USDA commodities be used in snacks?***

**A.** Yes. Afterschool care programs operating under NSLP may use USDA commodities in their afterschool snack service. Please note, however, that the school or organization will not earn additional entitlement commodities as a result of serving afterschool snacks. The amount of entitlement commodities earned will continue to be based solely upon the number of reimbursable lunches served to children.

***Q. Is there any length of time tied into the conclusion of school and the service of a snack?***

**A.** No. There is no federally mandated time limit between the end of school and snack time, but the service of a snack must occur during the operation of the school's afterschool care program.

***Q. Under the current lunch/breakfast program regulations, residential childcare institutions may be reimbursed for meals served to children who have not yet reached their 21<sup>st</sup> birthday. However, children who turn 19 during the school year may continue to participate in the snack program rather than becoming ineligible immediately upon reaching their 19<sup>th</sup> birthday. Is this inconsistency intentional?***

**A.** The age requirements for participation under the afterschool snack provision are somewhat different from those established for the NSLP and SBP in general. The law limits participation in the snack provision to children 18 years old and under. However, to reduce paperwork and ease administrative burdens on local administrators, Congress, in the conference report, authorized schools to continue receiving reimbursement for snacks served to children who turned 19 during the school year ending the following June 30. This provision applies to residential childcare institutions as well as all other schools. It must be emphasized that, under no circumstances, can a residential child care institution continue to be reimbursed for snacks served to children after the school year in which they become 19, and students continue to become ineligible for reimbursable lunches on breakfasts as soon as they reach 21.

***Q. Can afterschool care programs operated by residential child care institutions claim reimbursement for snacks served during weekends, holidays, and school vacations?***

**A.** Congress intended this provision to apply to snacks served in schools after an educational activity. If no regularly scheduled education activity is taking place, as is generally the case on weekends, holidays, and vacations, reimbursement cannot be claimed for snacks served on those days. In this respect, residential childcare

institutions are subject to the same provisions as any other school. They may not claim reimbursement for snacks served on weekends, holidays or vacation periods unless the snack is served during an activity that takes place after an education activity that is determined to be an integral part of the curriculum or an actual extension of the local education system. This limitation on snack eligibility differs from the general authorization of reimbursement for lunches and breakfasts served in residential child care institutions due to the special nature of the afterschool snack benefit.

***Q. Can a residential child care institution claim reimbursement for a snack served to a child who did not attend school that day (e.g., the child was ill)?***

**A.** It would depend on whether the child is participating in an approved afterschool care program on that day. If the child is participating in the approved afterschool care activity, it doesn't matter that he may not have been in school. As with other schools, there is no requirement or expectation for tracking whether or not the child actually attended school on any given day.

***Q. If the afterschool care activities at an RCCI occur late in the afternoon and coincide with the evening meal service, may the RCCI claim that meal as a snack?***

**A.** Congress intended the afterschool snack to be an additional food benefit that, in all likelihood, would not otherwise be available to children. Therefore, if a residential childcare institution already has a scheduled evening meal service, as would generally be the case, it would have to serve a separate snack as an additional offering at some other time during the afternoon or evening in order to receive reimbursement. The snack can be served either before or after the supper.

***Q. May a morning or afternoon snack in a Head Start program be claimed under the NSLP afterschool snack service?***

**A.** No. Snacks served in the Head Start Program may not be claimed for reimbursement under the NSLP afterschool snack service because the Head Start

Program is not an afterschool care program. Afterschool snacks served to Head Start participants are reimbursable only to the extent that they are served after regular school hours (i.e., after the Head Start Program) under the auspices of an afterschool care program. Head Start Programs may also participate under the traditional center component of CACFP.

***Q. Are afterschool care programs eligible to receive reimbursement for snacks served to pre-primary children?***

**A.** Snacks served to children who are attending classes of pre-primary grade in a school (e.g. Head Start or Even Start) and who are participating in an eligible afterschool care program after their regularly scheduled school program may be claimed for reimbursement.

***Q. If a school district has mandated busing of students, can free and reduced priced school data be used to determine a site's area eligibility?***

**A.** Yes. An afterschool care program located in an area with mandated busing of students should use free and reduced price school data from the individual school building (elementary, middle, or high school) in whose attendance area the afterschool site is located.



## SECTION 2

### Frequently Asked Questions and Answers about the Afterschool Care Snack Program



## SECTION 1

### *Who can participate?*

Schools and Residential Child Care Institutions (RCCIs) that provide care after school hours may be eligible for USDA reimbursement for snacks served to children through age 18. To be eligible for reimbursement, the afterschool care program must meet certain criteria:

- Your program must provide children with regularly scheduled activities in an organized, structured, and supervised environment.
- Your program must include educational or enrichment activities.

Schools and RCCIs fall into one of two categories. Those buildings with 50% or more of students receiving free and reduced price meals can claim all snacks at the free rate. Those with less than 50% of students receiving free or reduced benefits must claim snacks at the free, reduced or paid rate depending on each child's eligibility status.

The program site is area eligible if it is located at a school or facility in the attendance area of a school/facility where at least 50% of the enrolled children are eligible for free and reduced price meals.

### *How do I go about applying?*

You may call the Iowa Department of Education, Bureau of Food and Nutrition for more information at (515) 281-4758 or e-mail Christine.Anders@ed.state.ia.us

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## GRAIN/BREAD CHART

### Food Based Menu Plans

Use the Grain/Bread Chart to determine the serving size of menu items. Foods may be weighed in ounces (oz) or grams (gm). A volume measure may be used for certain Grain/Bread groups.

Some of the foods listed, or their accompaniments, may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

Foods marked **#2**: Allowed only for **desserts** under the Enhanced Food Based menu plan, and for **snacks** served under the School Lunch Program, Summer Food Service Program, and the Child and Adult Care Food Program.

Foods marked **#3**: Allowed only for **desserts** under the Enhanced Food Based menu plan and for **snacks** served under the School Lunch Program, Summer Food Service Program, and the Child and Adult Care Food Program. Allowed for **breakfasts** served under the School Breakfast Program, Summer Food Service Program, and the Child and Adult Care Food Program.

Foods marked **#4**: Refer to regulations for each program to determine the appropriate serving size of cereal. Breakfast cereals may be served in meals other than breakfast.

GROUP A	MINIMUM SERVING SIZE FOR GROUP A
<ul style="list-style-type: none"> <li>Bread type coating</li> <li>Bread sticks (hard)</li> <li>Chow mein noodles</li> <li>Crackers (saltines and snack crackers)</li> <li>Croutons</li> <li>Pretzels (hard)</li> <li>Stuffing (dry) Note: Weights apply to bread only in stuffing</li> </ul>	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
GROUP B	MINIMUM SERVING SIZE FOR GROUP B
<ul style="list-style-type: none"> <li>Bagels</li> <li>Batter type coating</li> <li>Biscuits</li> <li>Breads (white, wheat, whole wheat, French, Italian)</li> <li>Buns (hamburger and hotdog)</li> <li>Crackers (graham crackers – all shapes, and animal crackers)</li> <li>Egg roll skins</li> <li>English muffins</li> <li>Pita bread (white, wheat, whole wheat)</li> <li>Pizza crust</li> <li>Pretzels (soft)</li> <li>Rolls (white, wheat, whole wheat, potato)</li> <li>Tortillas (wheat or corn)</li> <li>Tortilla chips (wheat or corn)</li> <li>Taco shells</li> </ul>	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
GROUP C	MINIMUM SERVING SIZE FOR GROUP C
<ul style="list-style-type: none"> <li>Cookies<sup>2</sup> (plain)</li> <li>Cornbread</li> <li>Corn muffins</li> <li>Croissants</li> <li>Pancakes</li> <li>Pie crust (dessert pies<sup>2</sup>, fruit turnovers<sup>3</sup> and meat/meat alternate pies)</li> <li>Waffles</li> </ul>	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz

<b>GROUP D</b>	<b>MINIMUM SERVING SIZE FOR GROUP D</b>
<ul style="list-style-type: none"> <li>Doughnuts<sup>3</sup> (cake and yeast raised, unfrosted)</li> <li>Granola bars<sup>3</sup> (plain)</li> <li>Muffins (all, except corn)</li> <li>Sweet roll<sup>3</sup> (unfrosted)</li> <li>Toaster pastry<sup>3</sup> (unfrosted)</li> </ul>	1 serving = 50 gm or 0.9 oz 3/4 serving = 38 gm or 0.7 oz 1/2 serving = 25 gm or 0.5 oz 1/4 serving = 13 gm or 0.2 oz
<b>GROUP E</b>	<b>MINIMUM SERVING SIZE FOR GROUP E</b>
<ul style="list-style-type: none"> <li>Cookies<sup>2</sup> (with nuts, raisins, chocolate pieces and or/fruit purees)</li> <li>Doughnuts<sup>3</sup> (cake and yeast raised, frosted or glazed)</li> <li>French toast</li> <li>Grain fruit bars<sup>3</sup></li> <li>Granola bars<sup>3</sup> (with nuts, raisins, chocolate pieces and or/fruit)</li> <li>Sweet rolls<sup>3</sup> (frosted)</li> <li>Toaster pastry<sup>3</sup> (frosted)</li> </ul>	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
<b>GROUP F</b>	<b>MINIMUM SERVING SIZE FOR GROUP F</b>
<ul style="list-style-type: none"> <li>Cake<sup>2</sup> (plain, unfrosted)</li> <li>Coffee cake<sup>3</sup></li> </ul>	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
<b>GROUP G</b>	<b>MINIMUM SERVING SIZE FOR GROUP G</b>
<ul style="list-style-type: none"> <li>Brownies<sup>2</sup> (plain)</li> <li>Cake<sup>2</sup> (all varieties, frosted)</li> </ul>	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
<b>GROUP H</b>	<b>MINIMUM SERVING SIZE FOR GROUP H</b>
<ul style="list-style-type: none"> <li>Barley</li> <li>Breakfast cereals (cooked)<sup>4</sup></li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> </ul>	1 serving = 1/2 cup cooked (or 25 gm dry)
<b>GROUP I</b>	<b>MINIMUM SERVING SIZE FOR GROUP I</b>
<ul style="list-style-type: none"> <li>Ready-to-eat breakfast cereal (cold dry)<sup>4</sup></li> </ul>	1 serving = 3/4 cup or 1 oz whichever is less

### Meat/Meat Alternates

#### Creditable

Bean, pea or meat soup - must be home made  
with at least 1/4 oz. or equivalent of  
meat or alternate per serving  
Beans, dry or canned 1/4 c. = 1 oz. meat alternate  
Beef jerky - high salt and high cost  
Canadian bacon  
Cheese - natural, processed  
Cheese food, spread, substitute or pimento  
cheese 2 oz. = 1 oz. meat alternate  
Corndogs - only the hot dog counts as meat  
Cottage cheese, ricotta cheese  
1/4 c. or 2 oz. = 1 oz. meat alternate  
Deviled eggs  
Dried peas, dried beans, lentils  
Eggs - cooked  
Fish and shellfish - cooked, count only  
meat portion  
Fish sticks - must be at least 60% fish  
Frankfurters - must be all meat  
Liver, kidney  
Lunch meat - must be all meat  
Peanuts, nuts, seeds  
Peanut, nut or seed butter  
Pizza, if homemade and the amount of  
meat and cheese is documented  
Quiche -only the meat, cheese or egg portion  
Refried beans  
Sausage, Polish, knockwurst, Vienna  
Soy butter  
Spare ribs - only the meat portion  
Tripe  
Turkey bacon, if CN labeled  
Vegetable protein/meat protein mixtures  
Must be at least 70% meat in mixture  
before cooking  
Yogurt - plain, flavored, low fat, unsweetened  
or sweetened 1/2 c. or 4 oz. = 1 oz. meat  
alternate

#### Non creditable

Acorns  
Baco-bits - imitation bacon  
Bacon  
Canned soups  
Cheese product  
Chestnuts  
Coconuts  
Cream cheese  
Eggs - raw  
Fish - home caught  
Frozen yogurt  
Ham hocks  
Home canned meats, home  
slaughtered meats  
Imitation cheese, crab, frankfurters  
Meat analogues - 100% vegetable  
protein  
Neufchatel cheese  
Oxtails  
Peanut butter spread  
Pigs' feet, neck bones, tail bones  
Pot pies, commercial  
Potted, pressed or deviled canned  
meat  
Powdered cheese - as in boxed  
macaroni and cheese  
Salt pork  
Scrapple  
Sizzlean  
Soup - commercial  
Spam  
Tofu, tempeh, seitan  
Venison, squirrel and game  
Must be inspected and approved by  
the Health Department  
Yogurt bars, frozen commercial  
products  
Yogurt covered fruits, nuts  
Yogurt, homemade

## Milk and Milk Products

### Creditable

Acidified milk  
Buttermilk  
Cocoa - made from fluid milk  
Chocolate milk  
Cultured or kefir milk  
Egg nog- commercial, only the milk portion  
Flavored or unflavored fluid milk  
Goat's milk  
Lactose reduced milk  
Lowfat, light or reduced fat milk  
Milkshakes - only the milk portion  
Skim, non fat, or fat free milk  
Soy milk  
    Only if physician's signed note  
    is on file.  
UHT milk - ultra high temperature  
Whole milk

### Non creditable

Certified raw milk  
Cocoa mix made with water  
Coffee creamers  
Cream  
Cream sauce  
Cream soup  
Custard  
Dry milk  
Egg nog - home made  
Evaporated milk  
Half and half  
Ice cream  
Ice milk  
Imitation milk  
Pudding  
Pudding pops  
Reconstituted dry milk  
Rice milk  
Sherbet or sorbet  
Sour cream  
Soy beverage/drink  
Yogurt - creditable only as a meat  
alternate

# Fruits and Vegetables

## Creditable

Apple cider - must be pasteurized  
 Baby carrots - 8 1/2 carrots = 1/4 c.  
 Baked beans  
 Bean sprouts  
 Chopped vegetables in homemade  
     casserole or stew<sup>1</sup>  
 Coleslaw - only fruit and vegetable, not  
     dressing<sup>1</sup>  
 Cranberry juice blend - if blend of full strength  
     juices  
 Cranberry sauce  
 Dehydrated vegetables - rehydrated  
 Dried beans  
 Dried peas  
 Dried fruit - apricots, dates, raisins  
 Dried fruit chips  
 Frozen juice bars, must be at least 50% juice  
 Fruit cobbler, crisp<sup>1</sup>  
 Fruit cocktail - counts as one fruit  
 Fruit or vegetable in Jello or pudding<sup>1</sup>  
 Fruit pie filling - 1/2 c. filling = 1/4 c. fruit  
 Fruit sauce - home made<sup>1</sup>  
 Green chilies  
 Juice  
 Juice blends - if blend of full strength juices  
 Juice concentrates  
 Kiwi fruit  
 Mixed vegetables - counts as one vegetable  
 Mushrooms  
 Olives - are high in salt<sup>1</sup>  
 Onion rings<sup>2</sup>  
 Pickles - are high in salt<sup>1</sup>  
 Pimentos  
 Pizza or tomato sauce - serve at least 1/8 c.  
 Potatoes  
 Potato skins  
 Salsa - HM recipe should be all vegetables  
     with small amounts of spices, flavorings -  
     if commercial, count only the veg. portion<sup>2</sup>  
 Soup - if commercial veg. base then 1 c. soup  
     = 1/4 c. vegetable. If homemade, then  
     credit according to the recipe  
 Spaghetti sauce - serve at least 1/8 c.  
 Tomato paste - 1T. = 1/4 c. vegetable  
 Tomato puree - 2 T. = 1/4 c. vegetable  
 Tomato sauce - 4 T. = 1/4 c. vegetable  
 V-8 Juice  
 Vegetable juice blends  
 Water chestnuts

## Non creditable

Apple butter  
 Barbecue sauce  
 Chili sauce  
 Coconut  
 Corn chips  
 Corn syrup and honey are not  
     recommended for under 1 year  
 Cranberry juice cocktail  
 Dry spice mixes  
 Frozen fruit flavored bars, popsicles  
 Fruit "drink"  
 Fruit flavored syrup or powder  
 Fruit in cookies - like Fig Newtons  
 Fruit in commercial fruited yogurt  
 Fruit leather, fruit rollups, fruit  
     shapes  
 Fruit flavored canned punch like  
     Hawaiian Punch  
 Fruit flavored ice cream  
 Fruit syrup - from canned fruit  
 Gummy fruit candy  
 Home canned fruits and vegetables  
 Hominy  
 Honey, syrup, jam, jelly, preserves  
 Jello, gelatin  
 Juice base  
 Juice blend  
 Juice drink  
 Catsup, condiments and seasonings  
 Kool-Aid  
 Lemon pie filling  
 Lemonade  
 Macaroni salad is a bread alternate<sup>1</sup>  
 Nectar  
 Orangeade  
 Pineapple upside down cake  
 Pizza, commercial (amt. of sauce is  
     insufficient - unless more is added)<sup>2</sup>  
 Pop tart filling  
 Popsicles - commercial  
 Posole  
 Potato chips, potato sticks  
 Pudding with fruit - commercial  
 Sherbet, sorbet  
 Syrup, maple  
 Tang

<sup>1</sup> Must have a minimum of 1/8 c. or 2 T. fruit or vegetable per serving. Only the fruit or vegetable portion counts

<sup>2</sup> If a commercial product, must have a CN label or manufacturer's specs on file or added fruit/veg. to supplement the product.



## Grains and Breads

### Creditable

Bagel, bialy  
Banana, carrot, pumpkin, zucchini bread  
Boston brown bread  
Bread pudding<sup>1</sup> (if homemade)  
Breading or batter on meat (if amount known)  
Bread sticks, hard or soft  
Bread stuffing<sup>1</sup>  
Cake, cupcakes  
Cereal – dry or cooked, 6 gm. of sugar or less recommended  
Cereal bars<sup>1</sup>  
Chips – grain based, enriched, whole grain  
Chow mein noodles  
Cinnamon roll  
Coffee cake  
Cookies, brownies or bars  
Corn tortillas  
Couscous  
Crackers – non sweet like Saltines, Ritz, or sweet crackers like grahams, graham shapes, animal crackers  
Crepes  
Croissants – high fat  
Croutons  
Doughnuts  
Dumplings  
Egg roll skins, won ton wrappers  
English muffins  
Fig bars (only crust part)  
Fruit crisp or cobbler crust  
Fry bread  
Gingerbread  
Grain fruit bars, granola bars<sup>1</sup>  
Grains – barley, cornmeal, farina, quinoa rice, wheat  
Granola cereal<sup>1</sup>  
Grits  
Hushpuppies  
Ice cream cones  
Johnny cake  
Macaroni, noodles, spaghetti or other pasta shapes

Nacho chips – must be enriched or whole grain  
Pie crust or shell (dessert pies<sup>2</sup>, or in main dish pie)  
Pita bread  
Pop tarts, toaster pastries (only crust part)  
Pizza crust  
Popovers  
Pretzels, soft and hard  
Puff pastry with main dish – high fat  
Quick breads like biscuits, cornbread, muffins, waffles  
Rice cakes  
Rice pudding<sup>1</sup>  
Scones  
Snack crackers  
Sopapillas  
Spoon bread  
Sweet rolls, buns, pastries  
Taco or tortilla shells  
Tortillas  
Turnover crust  
Vanilla wafers  
Waffles  
Wheat germ, bran

### Non Creditable

Caramel corn  
Corn grits  
Hominy  
Nut or seed flour  
Popcorn  
Potatoes, potato pancakes – potatoes are credited as a vegetable, not as a grain

<sup>1</sup> Only the amount of bread, flour, meal or grain counts